

DINNERLY



Balanced Moroccan Chicken Braise with Green Beans and Wholegrains



30 minutes



2 Servings

This healthy meal is packed with family-friendly flavours. Pan-fry chicken coated in aromatic spices, then simmer with veggies in a rich tomato sauce and serve on our wholesome grain blend.

- 125g rice, quinoa and barley blend ¹
- 1 onion
- 150g green beans
- free-range chicken tenderloins
- 5g Moroccan seasoning ¹⁷
- 400g diced tomatoes

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp olive oil
- 2 tsp red wine vinegar ¹⁷
- 2 tsp honey

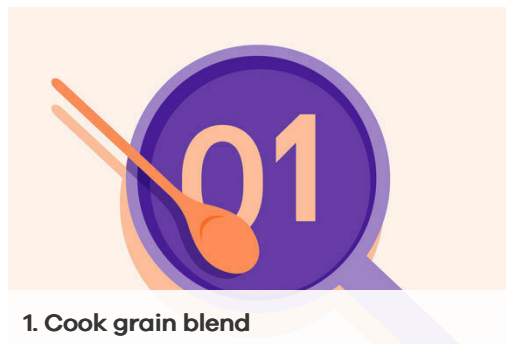
- medium saucepan
- medium deep frypan

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

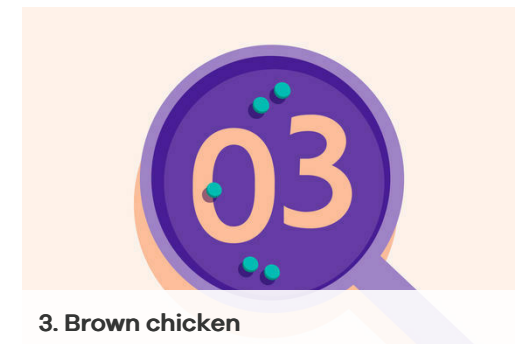
Energy 520kcal, Fat 7.2g, Carbs 61.4g,
Proteins 43.5g



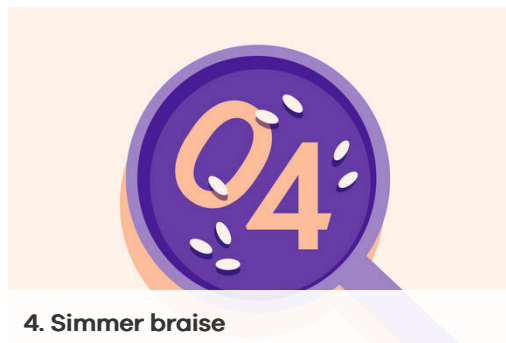
Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **grain blend** and cook for 20-22 mins until tender. Drain.



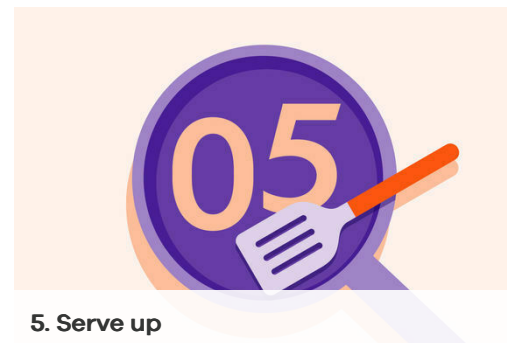
Meanwhile, thinly slice the **onion**. Trim the **beans** and halve on an angle. Crush or finely chop **2 garlic cloves**. Put the garlic, **chicken**, **half the Moroccan seasoning** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat.



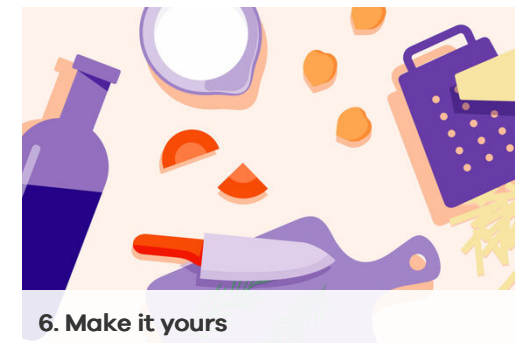
Heat a medium deep frypan over medium-high heat. Cook the **chicken** for 2 mins each side or until browned. Remove from the pan. Reduce the heat to medium and cook the **onion**, stirring, for 3 mins or until softened.



Add the **remaining Moroccan seasoning, half the tomatoes*, 2 tsp red wine vinegar, 2 tsp honey and 125ml (½ cup) water** to the onion and bring to the boil. Add the **chicken**, then reduce the heat to medium and cook for 5 mins.



Add the **beans** to the braise and cook for a further 4-5 mins until the chicken is cooked through and the beans are tender. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **grain blend** and **chicken braise** among bowls and enjoy!



If you have some fresh parsley in the fridge, coarsely chop and scatter over the braise for a pop of colour and freshness.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au **#dinnerly**

 **Packed in Australia**
from at least 95%
Australian ingredients